

# A Letter From Washington

The Food Administrator Writes Us:

"The use of baking powder breads made of corn and other coarse flours instead of patent wheat flour is recommended by the Conservation Division of the Food Administration. The wheat needed for export is thus conserved, and at the same time healthful food for our own people is provided. The circulation of recipes providing for these uses would be of assistance in carrying out our plans."

The following recipes for Corn Bread and Rye Rolls save wheat flour and make attractive and wholesome food for every day when made with

## ROYAL BAKING POWDER

### CORN BREAD

1 1/2 cups corn meal  
1/2 cup flour  
4 level teaspoons Royal Baking Powder  
1 tablespoon sugar  
1 teaspoon salt  
1 1/2 cups milk  
2 tablespoons shortening

Mix thoroughly dry ingredients; add milk and melted shortening; beat well; pour into well greased pan and bake in hot oven about 25 minutes.

Our red, white and blue booklet "Best War Time Recipes" containing additional similar recipes sent free on request. Address Royal Baking Powder Company, Dept. H, 135 William Street, New York.

### RYE ROLLS

2 cups rye flour  
1/2 teaspoon salt  
2 level teaspoons Royal Baking Powder  
1/2 cup milk  
1/2 tablespoon shortening

Sift dry ingredients together, add milk and melted shortening. Knead on floured board; shape into rolls. Put into greased pans and allow to stand in warm place 20 to 25 minutes. Bake in moderate oven 25 to 30 minutes.

### Rock Point

W. H. Downing has been Lusy moving into his new house.

Mrs. J. T. Hunt and daughter motored to Salem Saturday.

Mr. and Mrs. John Boedigheimer spent Sunday visiting at the Pat Lambert home in Linn Co.

B. F. Fresh and C. C. Nott of Stayton motored out to Mr. F's farm Tuesday.

Ed Deerfler has rented the Geo. Downing farm and is busy moving this week.

J. J. Staiger and family and Miss Downing motored to Salem Saturday.

Mr. and Mrs. T. J. Hill moved to Salem this week.

Mr. and Mrs. Ed Maertz and sons of Linn county spent Sunday at the Henry Frank home.

Alex. Holmes was a Stayton caller Monday.

E. C. Downing and family spent Sunday at the E. E. McKinney home near Turner.

Mr. and Mrs. L. O. Reynolds called at the Henry Frank home Sunday afternoon.

The Parent-Teacher association met Friday night and elected officers for the ensuing year.

Jos. Zuber and Jake Etzel motored to Jordan Sunday.

Marion Hunt went to eastern Oregon with some Shorthorn cattle they had sold some time ago.

Mrs. Jack Davenport, of Silverton, visited with her daughter Mrs. J. A. Burns last week.

Fred Bailey and Joe Kearns left yesterday for a short stay at Breitenbush Springs.

Howard Montgomery and family, from near Scio, were in the city Tuesday.

The Largest Line of

## LINEOLUMS

and the Choicest selection

of Patterns Ever Brought into the Valley are now on Display at

LILY HARDWARE CO.

### At J. R. Gardners Cash Store

You will find Silks, Tapestries, Mesalines and Crepe De Chenes to suit any taste, Fancy Cloakings for winter Coats and a large and beautiful stock of fine Dress Goods We have also a late and large shipment of SHOES just arrived. Umbrellas, Rubbers, Parafine Coats, Pants and Rubber Boots. We carry a full line of Diamond Dyes including black for wool.

J. R. Gardner's Cash Store, Stayton, Ore.

### Mt. Pleasant

Mrs. Perry Wright, of Salem, spent the week end at Mrs. Roxie Shank home.

Miss Maud Eskew, of Stayton, called on Miss Marguerite Ryan the past week.

Miss Dorothy Smith, of Stayton, visited over Sunday with some folks.

Mr. and Mrs. P. H. Lambert and son Frank, Mr. and Mrs. Floyd Shelton, the Misses Grace, Bessie, Vernie and Crystal Shank and Effie Ray attended the funeral of D. Townes at Albany Thursday.

Mr. and Mrs. John Huber and children, Mrs. Jake Huber and Ernest Knapp motored to Albany Sunday.

Miss Margaret Ryan visited with Selma Schuff Sunday.

Miss Anna Miles, of Salem, returned Saturday to teach the Mt. Pleasant school.

Mr. and Mrs. Ed Smith and children were Sunday visitors at H. R. Shanks.

G. H. Ray made a business trip to Jordan Sunday.

Mr. and Mrs. John Boedigheimer and Mr. DeJardin were Sunday visitors at P. H. Lambert's.

Miss Maud Smith was entertained at the Eberhard home Sunday.

Mrs. H. R. Shank and son, Miss Jean Ficklin of Stayton and B. F. Lambert visited at the Mrs. Roxie Shank home Monday.

Born to Mr. and Mrs. Matt Ditter, October 5 a daughter. Dr. Brewer reports mother and babe doing nicely.

The Chief Patriarch of the Patriarchal branch of Odd Fellowship will be in Stayton Monday October 15 and will address a meeting at Odd Fellows hall that evening at eight o'clock. A cordial invitation is extended to all Odd Fellows and Rebekahs to be present and enjoy the meeting.

State of Ohio, city of Toledo, } ss.  
Lucas County,  
Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured by the use of HALL'S CATARRH CURE.  
FRANK J. CHENEY.  
Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1936.  
(Seal) A. W. GLEASON,  
Notary Public.

Hall's Catarrh Cure is taken internally and acts directly upon the blood and mucous surfaces of the system. Send for testimonials, free.  
F. J. CHENEY & CO., Toledo, O.  
Sold by all Druggists, 75c.  
Take Hall's Family Pills for constipation.

Howard Montgomery and family, from near Scio, were in the city Tuesday.

### CASTORIA

For Infants and Children  
In Use For Over 30 Years  
Always bears the Signature of *Chas. H. Fletcher*



Saturday October, 13

These two remarkable plays will be shown one day each ONLY

Both nights the show will start at 7 p. m. Sharp.

The Trail of the Lonesome Pine and the Virginian will be shown 3 times Each.

Shows } 7:00, 8:30,  
Start } 10:00 p. m.

Come Early



In the "VIRGINIAN" Sunday October 14th.,

BEWARE of the OTHER WOMAN

Do Not Be a Neglected Wife

When a Husband goes Astray Is the Other Woman to Blame?

"Highly Interesting," "Thrilling" of "Human Interest" and "Unusual Theme"

## You Can Solve the Problem by Seeing THE NEGLECTED WIFE

In 15 Episodes, one Each Week

Featuring RUTH ROLAND

Each Wednesday Commencing Next Wednesday

The Neglected Wife is the best serial that has ever been booked in Stayton

Also a two reel Luke Comedy with each Episode, Besides two other reels of interest

STAR THEATRE "Home of Best Shows"

## East via California

Is a pleasant winter route. Travel in comfort through a land where it is always summer.

There's San Francisco, San Jose, Del Monte, Monterey, Pacific Grove, Santa Barbara, Los Angeles, Long Beach, Venice and many other charming resorts, and much beautiful scenery enroute.

### Three Daily Trains

Portland to San Francisco. Standard and tourist sleepers, dining cars, solid steel equipment. Particularly attractive at this season of the year.

Ask your local agent for particulars

John M. Scott, General Passenger Agent-Portland, Oregon

SOUTHERN PACIFIC LINES

See our Clubbing offer in another column.